Eclipse – The Celestial splendour

(Understanding Eclipse – the Grahana)

Eclipse is a natural phenomenon that we come across regularly at least twice in a year. Occurrence of eclipse is always fascinating and the spectacular event leads to never ending thirst for scientific, spiritual, astrological and sociological research.

Whenever there is an eclipse generally, we come across certain terminology being used and one will always get perplexed with these jargons.

Let us try to understand some of the Eclipse related terminologies for a better comprehension of the concept and significance of the Eclipse both from scientific point of view as well as from Hindu Pauranic perspective.

What is an Eclipse?

Eclipses are caused by the powerful alignment of Sun, the Moon and Earth. Best known are the Lunar Eclipse when the Earth blocks the Sun's light from the Moon and the Solar Eclipse when the Moon blocks the Sun's light from small portion of the Earth. During a Lunar eclipse, Moon enters the shadow of the earth and at Solar Eclipse Moon enters the Sun's disc.

Literally speaking Eclipse is a Latin/Greek word; Eclipsis-Ekleipsis-Ekleipein meaning abandonment, fail to appear, obscuring (covering) of one celestial body (star) by another, a temporary or permanent dimming or cutting off of light, a disgraceful or humiliating end or downfall, to overshadow or surpass, to hide from view, to block passage of all or a part of one celestial body into the shadow of another.

Scientifically, it is the disappearance of the whole or a part of the Sun when the Moon comes between it and the Earth or disappearance of the Moon when the Earth's shadow falls across it.

From Hindu perspective what is Grahana?

In Sanskrit Eclipse is known as Grahana meaning, held forcibly or to seize or afflicted because of being captured. It also means to absorb or swallow. In general, grahana means acceptance.

An eclipse is also known as Uparaaga in Sanskrit. If it is solar eclipse it is known as Suryoparaaga and if it is lunar eclipse it is known as Chandroparaaga.

What is Solar Eclipse or Surya Grahana?

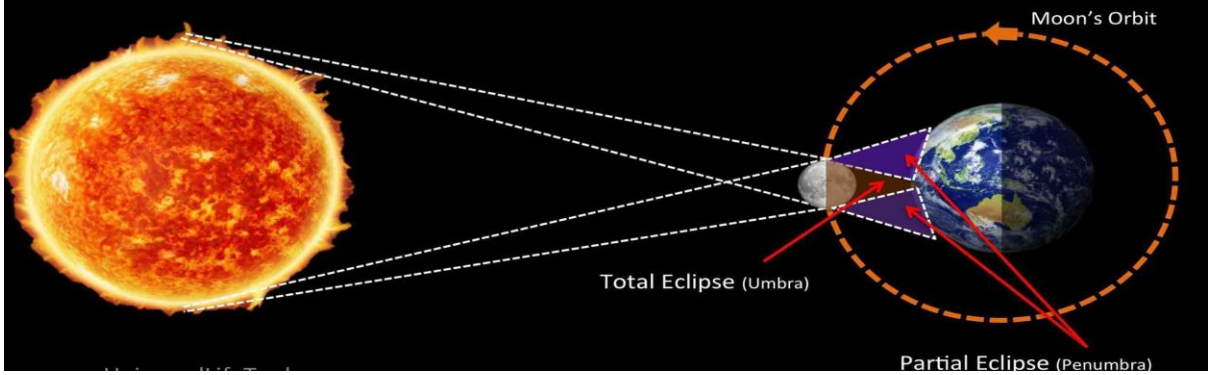
A Solar Eclipse or Surya Grahana can occur only on the day of Amaavaasya (on a new Moon day), when the Moon is in its new phase, when the Sun and Moon are in conjunction as seen from the Earth.

Solar Eclipse

Where the Moon fully/partially obscures Earth's view of the Sun

Partial Eclipse = Earth within Moon's Penumbra shadow.
Total Eclipse = Earth within Moon's Umbra shadow.

Obscures our future vision so we can clearly see the NOW
Profound Opportunities to not be a victim of the PAST
Quantum Leaps into more conscious ways of living/being



TYPES OF SOLAR ECLIPSES

Due to variations in distance, not all eclipses are total. Every eclipse passes through a partial phase as the moon slowly moves across the sun. Even at the height of an eclipse, the moon may not completely cover the sun.

PARTIAL ECLIPSE

Only part of the sun is covered by the moon. The eclipse may continue to a total or annular phase. (CREDIT: NASA/HINODE)

TOTAL ECLIPSE

When the moon completely obscures the sun, unique effects occur. The solar corona becomes visible. Animals and birds think that night has fallen, and the air temperature may drop. (CREDITS: Williams College Eclipse Expedition – Jay M. Pasachoff, Muzhou Lu and Craig Malamut)

ANNULAR ECLIPSE

In this special kind of partial eclipse, the moon is slightly too far away from Earth to exactly cover the sun. The edge of the sun is still visible all around.

HYBRID ECLIPSE

A hybrid eclipse occurs when the tip of the moon's shadow lifts off the surface of the Earth at some point. This means that some observers along the path see a total eclipse, while others will see an annular eclipse.

SOURCES: NASA, GODDARD SPACE FLIGHT CENTER, ROYAL ASTRONOMICAL SOCIETY OF CANADA

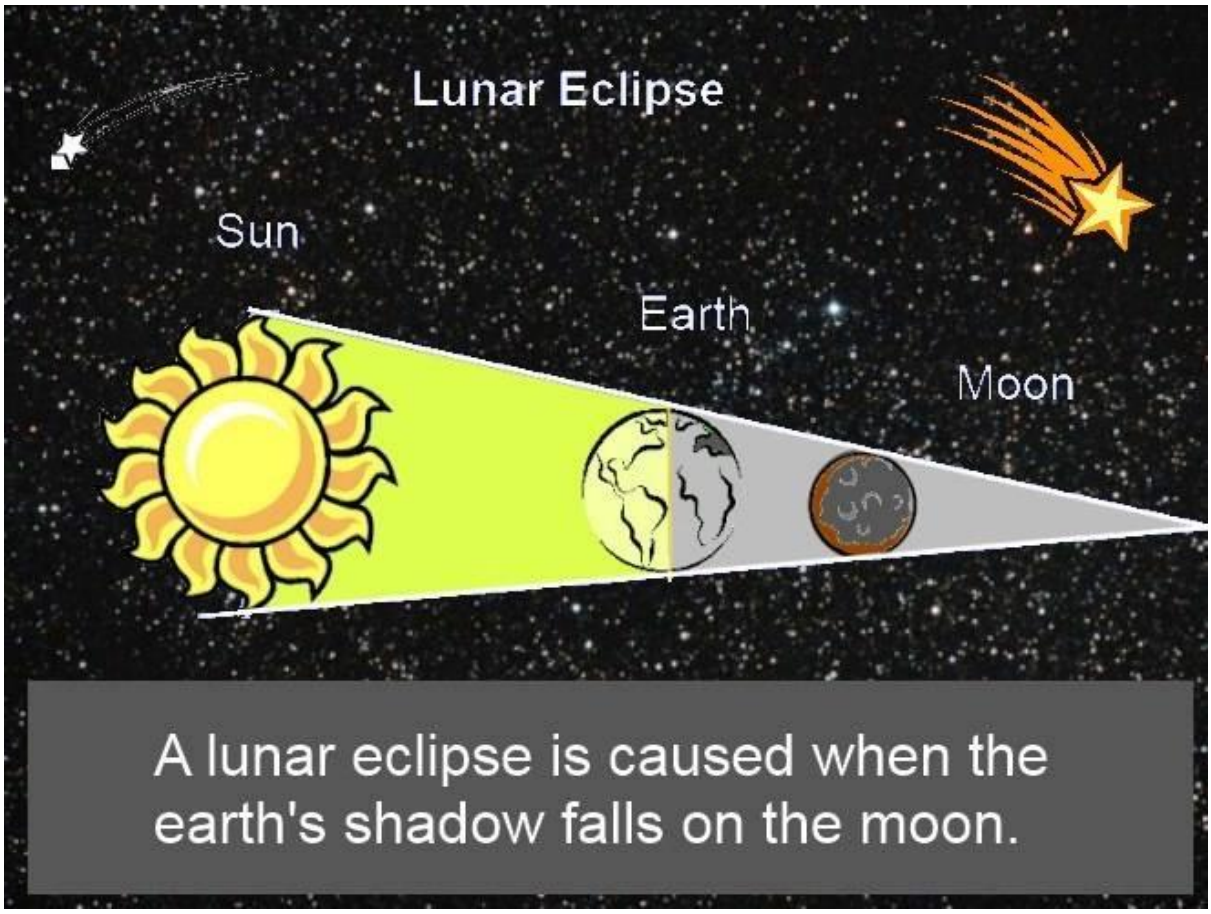
In a solar eclipse Moon is the eclipsing body, passing between Earth and Sun while casting a travelling shadow across Earth's

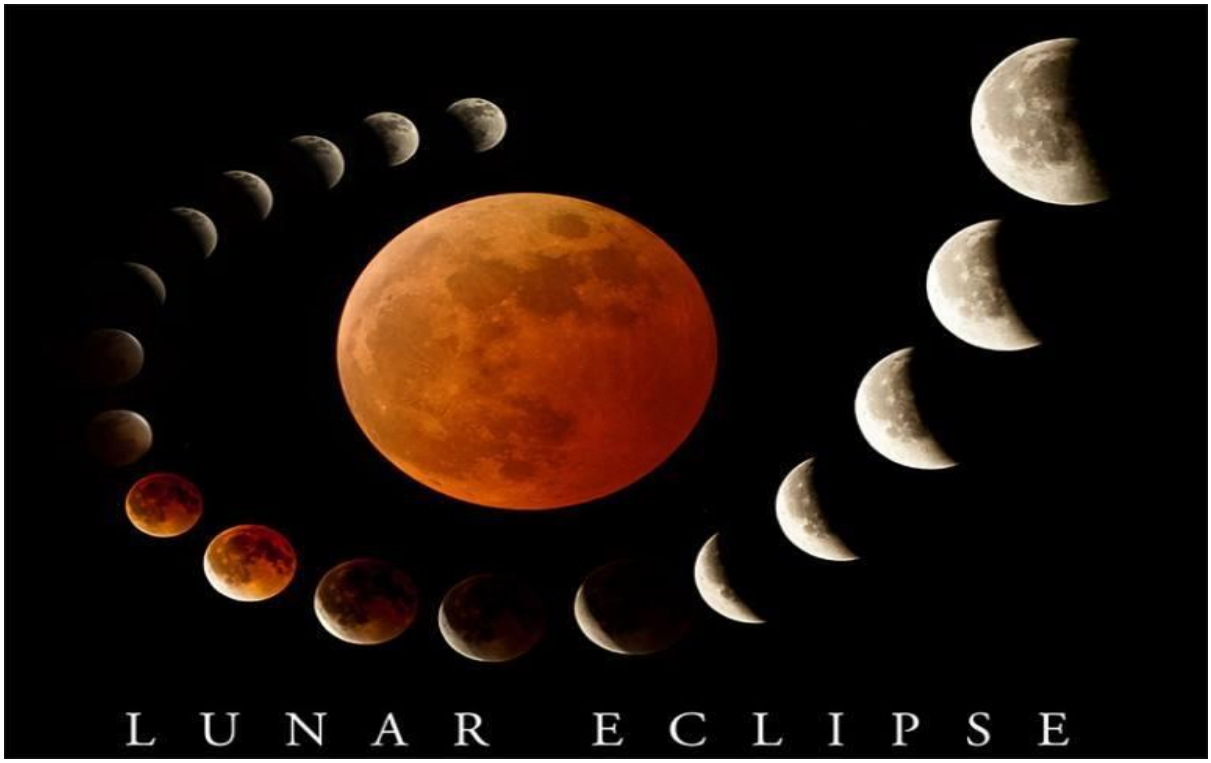
lighted surface so that the Sun is wholly or partially obscured (covered).

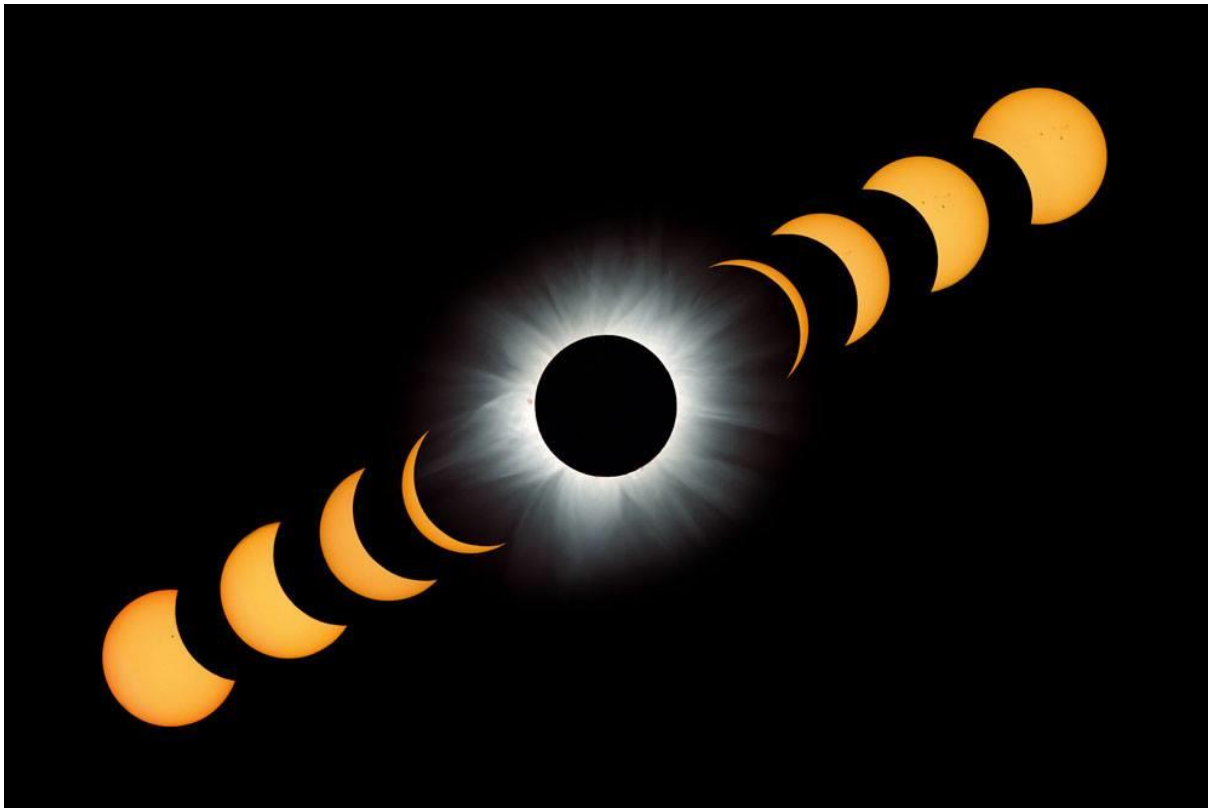
What is Lunar Eclipse or Chandra Grahana?

Lunar eclipse is caused by the entering of the Moon into the earth-shadow. When the Earth moves between the Sun and the Moon, the shadow of the Earth covers the Moon producing a Lunar Eclipse. The light of the Moon is darkened temporarily.

Chandra Grahana or a Lunar eclipse can occur only on a full moon day (Pournami) when the Moon is directly opposite to the Sun.







What are the types of Eclipses?

There are four types of eclipses, total, annular, hybrid and partial.

A total eclipse when Sun/Moon is completely obscured. Total eclipse (Sampoorna Grahana) is a rare event though it occurs.

An Annular Eclipse when the Sun and Moon are exactly in line, but size of the Moon is apparently smaller than that of the Sun.

A Hybrid eclipse that is intermediate between total and annular eclipse.

A partial eclipse, when the Sun and Moon are not exactly in line and the celestial body is only partially obscured.

Understanding Eclipse - Hindu perspective

➢ Significance of Rahu-Kethu during Eclipse

Pauranic reference to eclipse can be found in Srimad Bhagavatha Purana; Mahabharatha, Vishnu related puranas etc. According to Hindu philosophy it is believed that eclipses are caused by Rahu/Kethu.

In Bhagavatha purana a sizeable reference has been made to the origin of Rahu and why Rahu/Kethu are responsible for eclipses.

Who is Rahu-Kethu?

Basically Rahu and Kethu are one single entity; the Rahu.

According to Sri Bhagavatha Purana (6th canto) Rahu an asura was son of Viprachitti and Simhika. Rahu had a boon (as a result of penance) from Lord Brahma to have Amruta and become immortal.

During Ksheera Saagara Madhanam (churning of milk ocean); when Amrutha the divine nectar was being served by Lord Vishnu in the guise of a celestial damsel (Mohini Avathaara); Rahu the demon managed to get a share to it.

Surya (Sun) and Chandra (Moon) detected this action of Rahu and immediately alerted Lord Vishnu who in turn chopped off the head of Rahu with His Sudarshana Chakra.

By that time Rahu had swallowed the divine nectar thereby became immortal and was given a place in the universe and recognized as a Graha.

However, since his head was severed by Lord Vishnu, he (Rahu) became two entities; one the disembodied head (trunk less body) referred to as Rahu and the other decapitated (headless trunk of the demon Rahu) body the Kethu recognized as two distinctive Grahas.

This action of Sun and Moon has led to reprisal from Rahu (Rahu-Kethu) causing eclipses time and again.

In Hindu philosophy Rahu is believed to be the one who causes eclipse and in Vedic astrology Rahu and Kethu are very much recognized as Grahas along with the other seven.

In Navagraha Sthothra composed by Lord & Sage Sri Vedavyasa, description of Rahu is well suited to the reference of an eclipse.

It portrays Rahu and Kethu as follows…

Ardha Kaayam Mahaa Veeram
Chandraaditya Vimardhanam
Simhikagarbha-sambhootham
Tham **Raahum** Pranamaamyaham (Rahu)

Meaning…

One who has half body; a valor and possess great power; one who subdues or hides Sun (Aaditya) and Moon (Chandra); Vimardhana (eclipse); who is a tormentor of Sun and Moon; one who is born from the womb of Simhika;

Similarly, **Kethu** is described as…

Phalaasa pushpa sankaasam
Thaarakaa Graha Masthakam
Roudram Roudraatmakam Ghoram
Tham **Kethum** Pranamaamyaham (Kethu)

Meaning…

One whose colour, looks, appearance is that of Phalasa flower;

(Phalasa is a tree known as Moduga Vruksha);

one who is at the summit of stars and planets; one who is violent, cruel, fearsome, menacing and dreadful.

Kethu literally means; Dhwaja (flag), mukhanda (chief/leader), Vyri (enemy); Kethu is an embodiment of cruelty.

An eclipse (solar/lunar) could be Rahugrastha where Rahu is involved or could be Kethugrastha where Kethu is involved.

Astronomically Rahu and Kethu denote two points of intersection of the paths of Sun and Moon as they move on the celestial sphere. They are called the north and south lunar node (ascending and descending nodes).

Astrologically eclipse is not considered to be a good event and believes that it paves ways for many calamities in the areas where it occurs. It is said that in MahaBharatha sage Sri Vedavyasa alerted Dhritharastra about the onset of two eclipses successively, its implications and advises him to stop the war.

Grahana Vichaara

What is Vedha?

Eclipse is not an auspicious moment.

Vedha means an affliction (pain or grief) to the celestial body Sun/Moon as the case may be.

This period of pain or grief to the celestial body is spiritually known as Vedha which is not an auspicious period.

It is prescribed to abstain from eating/drinking during the hour of grief (Vedha) to the celestial body while the universal repositioning is taking place.

What is the duration of Vedha?

According to sacred texts, duration of Vedha during Eclipse is based on the concept of Prahara or Yaama which indicates the time element.

A Prahara is a unit of time equivalent to 1/8th of a day and similarly a Yaama is also a unit of time which is equivalent to three hours.

Inauspicious period otherwise known as Vedha begins about four Praharas/Yaamaas before solar eclipse and three praharas/Yaamaas before lunar eclipse.

That means Vedha begins...

12 hours (30 ghatis) before the commencement of a solar eclipse and 9 hours (22½ ghatis) before a lunar eclipse begins in general.

In case it is Lunar eclipse and Grasthodaya (eclipse already in progress at the time of Moonrise) Vedha will be for four Praharaas/Yaamaas. That means it begins 12 hours before the commencement of lunar eclipse.

What is Grasthodaya?

Grastha means possessed, seized, captured, or swallowed and Udaya means rising time.

Grasthodaya means, rising of Sun (sunrise) or Moon (Moonrise) when the eclipse is in progress (solar/lunar) as the case may be.

Precisely Grahana (eclipse) would have started already before Sunrise/Moonrise and Sparsha is not visible while Moksha alone is visible.

What is Grasthaastha?

Astha means disappear, setting time, vanished.

Grasthaastha means an eclipse (solar/lunar) which is in progress at the time of Sunset or Moonset as the case may be.

Precisely Grahana (eclipse) would not have ended before Sunset or Moonset. In this case Sparsha is visible while the Moksha is not visible.

What is Khagraasa? It means total eclipse (solar/lunar)

What is Khandagraasa? means partial eclipse (solar/lunar)

What is **Parvakala** with respect to the Eclipse?

Entire period of eclipse is said to be a parvakala. Hence during this period.

offering prayer, purascharana of upadesa mantra, Pithru tarpana (thila) and dana (charity) are prescribed and considered highly sacred and meritorious.

Taking bath at the beginning of eclipse, prayer, purascharana of upadesa mantra, tarpana during the mid-time, charity (daAna) during the closing time and Taking bath again after the eclipse are highly meritorious.

Chanting of Vedic mantras, sacred Sthothras' will ward off the negative energy that gets activated during eclipse and protects from all negativity.

In case Eclipse is GrasthaAstha, Parva (Punya) kaala ends with Sunset/Moonset as the case may be. Since there will be no Bimba darshana after the Eclipse, austerities (fasting) will continue till next day morning.

What are the Eclipse Phases?

There will be three phases during an eclipse. They are...

Sparsha – Madhya - Moksha

Sparsha means to touch. It is the phase when the eclipse begins and obscuring of one celestial body over the other becomes visible. Technically it is called UMBRAL phase the

timing of which forms the basis for fixing timing of Eclipse and beginning of Eclipse related austerities/religious activities.

Madhya is the phase when the eclipse is at its peak when the disk is completely covered depending on the totality of the eclipse.

Moksha is the phase when the eclipse starts receding and the shadow moves away from the celestial body that marks the end of the eclipse.

Visibility of all the three phases generally depends on climatic conditions at the time of eclipse. In case of total eclipse (sampoorna grahana) both Sparsha and Moksha are visible.

WHAT IS TO BE DONE DURING ECLIPSE TIME?

Eclipse is the most opportune time to perform…

+ SnaAna (Sachela snaana) at the start & after the Eclipse;

+ Bhagawad-Prarthana (Prayer);

+ Purascharana of Upadesa Manthras (eg. Gayathri manthra),

+ Pithru Tharpana;

+ DaAna;

Those who are eligible (TharpanaAdhikari) should give Sarva Pithru Tharpana to fore-fathers with black Thila (Sesame) with proper sankalpa during eclipse time.

During Vedha period, nithya karma like Snana, Sandhyavandana can be performed.

+ SnaAna (taking bath) after the Eclipse is a must;

+ KaAla Sraaddha can be performed after the eclipse (depending on eclipse ending time sometimes on the next day after Bimba darshana)

SUGGESTED PRAYERS DURING ECLIPSE

Specific prayers to Lord Vishnu, Sri Lakshmi-Narasimha, Sri Hanuman; Guru Sri RaAghavendra;

Some of the useful prayers suggested during eclipse time are,

Gayathri Manthra Japa (only those who are eligible)

Sri Vishnu SahasraNaama Stothra;

Sri Venkatesha Stothra (Brahmanda Purana);

Sri RaAma Dwadasanama/RamaRaksha Stotra (Surya Grahana)

Sri Krishna Dwadasanama Stothra/Ashtottara (Chandra Grahana)

Sri Hari-Vayu Stuthi; Khila Vayu Stuthi;

Sri SundaraKaanda-Katha Nirnaya (SriMadAacharya Virachita);

Yantroddhaaraka Hanumad Stothra;

Sri Rudra Dwadasanaama Stothra (Chandra Grahana)

Sri SuryaDwadasanaama Stothra; (Surya Grahana)

Sri Raghavendra Stothra/Kavacha/Ashtaakshari;

Sri RamaCharitrya Manjari (Surya Grahana)

If the Eclipse is Rahu-Grastha, praying Goddess Durga Devi; if it is Kethu-Grastha, praying Lord Ganesha is also suggested.

One may choose any one or more of the above or any other useful Divine prayer (with proper anusandhana) based on their individual faith and according to their sampradaya, as per eligibility, while the above list is only indicative but not exhaustive.

Those who cannot recite them can at least resort to chanting of...

Narayana Ashtaakshari/Dwadasaakshari;(or)

Sri Rama Naama (or)

Hare-Rama-Hare-Krishna Manthra; (or)

Nama Thraya Japa (Achyuta-Ananta-Govinda); (or)

Sri Raghavendra Ashtaakshari;

Ekasloki SundaraKanda (Sri GuruRaayara Virachita);

during the Eclipse time.

Praying Sri **Guru RaAyaru** during Eclipse time is specifically prescribed;

Whenever there is a lunar or solar eclipse or during Pushya Star occurring on Sunday (Pushya-Arka Yoga), any person reciting Sri Raaghavendra Stothra 108 times with all sincerity and devotion will not have trouble from ghosts/devils and no evil befall on him.

Sri Appanaachaarya an ardent devotee and prime disciple of Sri Guru Raayaru in his famous hymn on Guru Raaghavendra (Sri Raaghavednra Stothra) emphasizes as follows...

सोमसूर्योपरागे च पुष्यार्कादिसमागमे |

योनोत्तममिदं स्तोत्रमष्टोत्तरशतं जपेत् |

भूतप्रेतपिशाचादि पीडा तस्य न जायते |

ಸೋಮಸೂರ್ಯೋಪರಾಗೇ ಚ ಪುಷ್ಯಾರ್ಕಾದಿಸಮಾಗಮೇ |

ಯೋನೋತ್ತಮಮಿದಂ ಸ್ತೋತ್ರಮಷ್ಟೋತ್ತರಶತಂ ಜಪೇತ್ |

ಭೂತಪ್ರೇತಪಿಶಾಚಾದಿ ಪೀಡಾ ತಸ್ಯ ನ ಜಾಯತೇ |

PITHRU THARAPANA SANKALPA SLOKA...

Sri Govinda - Govinda! Sri MahaVishnorAagnaaya,

Pravarthamanasya, Aadya Bramhane, Dwiteeya Parardhe,

Sri Swetha Varaaha Kalpe, Vaivaswatha Manvanthare, Kaliyuge, Kali Prathama Charane, Bauddhavathare, Salivaahanasakhe,

Jambudweepe, Meror Dakshina bhage, Bharathavarshe,

Bharatha Khande, Godavari Dakshina theere……Sannidhau,

Asmin Varthamane, Vyavahaarike, Chaandramaanena,

Sri …… Sanvatsare, Uttaraayane/Dakshinaayane,

……Ruthau, …… Maase, Krishna/Sukla Pakshe,

Amaavaasyayaam/Pournamyayaam; ……Vaasare;

Vishnu Nakshatre, Vishnu Yoge, Vishnu Karane;

evam guna visheshana visistaayaam; Punya thithau;

Praacheenavithi (Yagnopaveetham in apasavya position)

Samastha Pitrantharyaami… Sri MadhvaVallabha SriMadhJanardhana Vaasudevah Preranaaya

Sri MadhvaVallabha SriMadhJanardhana Vaasudevah Preethyartham;

Asmath Samastha Pithrunaam...

Akshaya Punya Lokaavaapthyartham

Suryoparaaga/Chandroparaaga Punyakaaley; Sraaddhaanga

Saddhyah Thila Tharpanam Karishye;

After giving Thila Tharpana;

Samarpana sloka…

Yasya smrithya cha naamokthyaa thapoyajnaa kriyadhishu

nyunam sampoornathaam yaathi sadhyo vande thamachyutham

manthraheenam kriyaheenam bhakthiheenam Janaardhana

yathkrutham thu mayaa deva paripoornam thadhasthu mey...

Anena Mayaa – Suryoparaaga/Chandroparaaga Kruthena

Samastha Pithru Thila Tharpanena;

Samastha Pithrantharyaami Sri MadhvaVallabha

SriMadhJanardhana Vaasudevah

Priyathaam Supreetho Varado Bhavathu;

Sri Krishnaarpanamasthu

Kaayena vaacha manasendri yairvaa

Buddhyaatmanaa vaa prakrite swabhavath

Karomi yadyat sakalam parasmai

Naarayanayethi samarpayaami

Achyutaaya Namah - Ananthaaya Namah - Govindaaya Namah

GRAHANA DOSHA PARIHARA (Surya Grahana)

Depending on occurrence of eclipse in a particular constellation and Raasi, those who are born in the respective constellation/zodiac sign may have to perform Grahana Shanti, yatha Shakti, yatha yogyata.

Those born in the Moon sign of Eclipse, should donate the following to a Brahmana along with Dakshine.

+ One Bronze/Copper plate (filled with ghee) +

+ Silver/Gold Surya Bimba & Naga Bimba; along with....

+ Wheat (Surya);

+ Black Gram/Urad/Urad-dal (Rahu); Horse Gram (Kethu)

+ Black Thila;

Sankalpa sloka while giving Bimba DaAna

सूर्यांतर्यामि श्री भारतीरमण मुख्यप्राणांतर्गत

श्री लक्ष्मीनारसिंहप्रेरणाय श्री लक्ष्मीनारसिंहप्रीत्यर्थम्

सूर्योपरागपीडापरिहारार्थम्स

नाग सूर्यबिंबदानमहम् करिष्ये

Suryagrahaantaryaami Sri Bharatheeramana
Mukhyapraanaanthargatha Sri Lakshminaarasimha preranaaya

Sri Lakshminaarasimha preethyartham

Suryoparaaga-peeda-parihaaraartham

Sanaaga Suryabimba-daanamaham karishye

ಸೂರ್ಯಾಂತರ್ಯಾಮಿ ಶ್ರೀ ಭಾರತೀರಮಣ ಮುಖ್ಯಪ್ರಾಣಾಂತರ್ಗತ

ಶ್ರೀ ಲಕ್ಷ್ಮೀನಾರಸಿಂಹಪ್ರೇರಣಾಯ ಶ್ರೀ ಲಕ್ಷ್ಮೀನಾರಸಿಂಹಪ್ರೀತ್ಯರ್ಥಮ್

ಸೂರ್ಯೋಪರಾಗಪೀಡಾಪರಿಹಾರಾರ್ಥಮ್ಸ

ನಾಗ ಸೂರ್ಯಬಿಂಬದಾನಮಹಮ್ ಕರಿಷ್ಯೇ

ಸೂರ್ಯಾಂತರ್ಯಾಮಿ ಶ್ರೀ ಭಾರತೀರಮಣ ಮುಖ್ಯಪ್ರಾಣಾಂತರ್ಗತ

ಶ್ರೀ ಲಕ್ಷ್ಮೀನಾರಸಿಂಹಪ್ರೇರಣಾಯ ಶ್ರೀ ಲಕ್ಷ್ಮೀನಾರಸಿಂಹಪ್ರೀತ್ಯರ್ಥಮ್

ಸೂರ್ಯೋಪರಾಗಪೀಡಾಪರಿಹಾರಾರ್ಥಮ್ ಸನಾಗ ಸೂರ್ಯಬಿಂಬದಾನಮಹಮ್ ಕರಿಷ್ಯೇ

GRAHANA SHANTI MANTHRA

(To be recited by everyone during Grahana samaya)

योसौ वज्रधरो देव: आदित्यानां प्रभुर्मत: ।
सहस्रनयन: शक्रो ग्रहपीडां व्यपोहतु ।
मुखं य: सर्वदेवानां सप्तार्चिरमितद्युति: ।
सूर्योपरागसंभूतां अग्ने: पीडां व्यपोहतु।
य: कर्मसाक्षी लोकानां धर्मो महिषवाहन: ।
यम: सूर्योपरागोत्थां ग्रहपीडां व्यपोहतु ।
रक्षोगणाधिप: साक्षात् नीलांजनसमप्रभ: ।
खड्गहस्तोऽतिभीमश्च ग्रहपीडां व्यपोहतु ।।
नागपाशधरो देव: सदा मकरवाहन: ।
स जलाधिपतिर्देव: ग्रहपीडां व्यपोहतु ।।
प्राणरूपो हि लोकानां सदा कृष्णमृगप्रिय: ।
वायुसूर्योपरागोत्थां ग्रहपीडां व्यपोहतु ।।
योऽसौ निधिपतिर्देव: खड्गशूलगदाधर: ।
सूर्योपरागकलुषं धनदोऽत्र व्यपोहतु ।
योऽसाविंदुधरो देव: पिनाकी वृषवाहन: ।
सूर्योपरागपापानि स नाशयतु शंकर:।।
त्रैलोक्ये यानि भूतानि स्थावराणि चराणि च।
ब्रह्मविष्णुर्करुद्राश्च दहंतु मम पातकं ।।
ಯೋಸೌ ವಜ್ರಧರೋ ದೇವ: ಆದಿತ್ಯಾನಾಂ ಪ್ರಭುರ್ಮತ: ।
ಸಹಸ್ರನಯನ: ಶಕ್ರೋ ಗ್ರಹಪೀಡಾಂ ವ್ಯಪೋಹತು ।
ಮುಖಂ ಯ: ಸರ್ವದೇವಾನಾಂ ಸಪ್ತಾರ್ಚಿರಮಿತದ್ಯುತಿ: ।
ಸೂರ್ಯೋಪರಾಗಸಂಭೂತಾಂ ಅಗ್ನೇ: ಪೀಡಾಂ ವ್ಯಪೋಹತು।
ಯ: ಕರ್ಮಸಾಕ್ಷೀ ಲೋಕಾನಾಂ ಧರ್ಮೋ ಮಹಿಷವಾಹನ: ।

www.bhargavasarma.blogspot.com

ಯಮ: ಸೂರ್ಯೋಪರಾಗೋತ್ಥಾಂ ಗ್ರಹಪೀಡಾಂ ವ್ಯಪೋಹತು |

ರಕ್ಷೋಗಣಾಧಿಪ: ಸಾಕ್ಷಾತ್ ನೀಲಾಂಜನಸಮಪ್ರಭ: |

ಖಡ್ಗಹಸ್ತೋಽತಿಭೀಮಶ್ಚ ಗ್ರಹಪೀಡಾಂ ವ್ಯಪೋಹತು ||

ನಾಗಪಾಶಧರೋ ದೇವ: ಸದಾ ಮಕರವಾಹನ: |

ಸ ಜಲಾಧಿಪತಿರ್ದೇವ: ಗ್ರಹಪೀಡಾಂ ವ್ಯಪೋಹತು ||

ಪ್ರಾಣರೂಪೋ ಹಿ ಲೋಕಾನಾಂ ಸದಾ ಕೃಷ್ಣಮೃಗಪ್ರಿಯ: |

ವಾಯುಸೂರ್ಯೋಪರಾಗೋತ್ಥಾಂ ಗ್ರಹಪೀಡಾಂ ವ್ಯಪೋಹತು ||

ಯೋಽಸೌ ನಿಧಿಪತಿರ್ದೇವ: ಖಡ್ಗಶೂಲಗದಾಧರ: |

ಸೂರ್ಯೋಪರಾಗಕಲುಷಂ ಧನದೋಽತ್ರ ವ್ಯಪೋಹತು |

ಯೋಽಸಾವಿಂದುಧರೋ ದೇವ: ಪಿನಾಕೀ ವೃಷವಾಹನ: |

ಸೂರ್ಯೋಪರಾಗಪಾಪಾನಿ ಸ ನಾಶಯತು ಶಂಕರ:||

ತ್ರೈಲೋಕ್ಯೇ ಯಾನಿ ಭೂತಾನಿ ಸ್ಥಾವರಾಣಿ ಚರಾಣಿ ಚ|

ಬ್ರಹ್ಮವಿಷ್ಣ್ವರ್ಕರುದ್ರಾಶ್ಚ ದಹಂತು ಮಮ ಪಾತಕಂ ||

GRAHANA SHANTI MANTHRA (Telugu)

యోసౌ వజ్రధరో దేవ: ఆదిత్యానాం ప్రభుర్మత: |

సహస్రనయన: శక్రో గ్రహపీడాం వ్యపోహతు |

ముఖం య: సర్వదేవానాం సప్తార్చిరమితద్యుతి: |

సూర్యోపరాగసంభూతాం అగ్నే: పీడాం వ్యపోహతు|

య: కర్మసాక్షీ లోకానాం ధర్మో మహిషవాహన: |

యమ: సూర్యోపరాగోత్థాం గ్రహపీడాం వ్యపోహతు |

రక్షోగణాధిప: సాక్షాత్ నీలాంజనసమప్రభ: |

ఖడ్గహస్తోఽతిభీమశ్చ గ్రహపీడాం వ్యపోహతు ||

నాగపాశధరో దేవ: సదా మకరవాహన: |

స జలాధిపతిర్దేవ: గ్రహపీడాం వ్యపోహతు ||

ప్రాణరూపో హి లోకానాం సదా కృష్ణమృగప్రియ: |

వాయుసూర్యోపరాగోత్థాం గ్రహపీడాం వ్యపోహతు ||

యోఽసౌ నిధిపతిర్దేవ: ఖడ్గశూలగదాధర: |

సూర్యోపరాగకలుషం ధనదోఽత్ర వ్యపోహతు |

యోఽసావిందుధరో దేవ: పినాకీ వృషవాహన: |

సూర్యోపరాగపాపాని స నాశయతు శంకర:||

త్రైలోక్యే యాని భూతాని స్థావరాణి చరాణి చ|

బ్రహ్మవిష్ణుర్కరుద్రాశ్చ దహంతు మమ పాతకం ||

CHANDRA GRAHANA DOSHA PARIHARA

Depending on occurrence of eclipse in a particular constellation and Raasi (zodiac sign), those who are born in the respective constellation/zodiac sign may have to perform Grahana Shanti, yatha Shakti, yatha yogyata.

Those born in the Moon sign of Eclipse, should donate the following to a Brahmana along with Dakshine.

One Bronze/Copper plate (filled with ghee) +

Silver/Gold Chandra Bimba & Naga Bimba; along with....

+ Rice (Moon)

+ Black Gram/Urad/Urad-dal (Rahu); Horse Gram (Kethu)

+ Black Thila

Sankalpa sloka while giving Bimba DaAna....

Chandraantaryaami...

Sri Bharatheeramana Mukhyapraanaanthargatha

Sri Lakshminaarasimha preranaaya - Sri Lakshminaarasimha preethyartham - Chandroparaaga-peeda-parihaaraartham

Sanaaga chandrabimba-daanamaham karishye

चंद्रांतर्यामि श्री भारतीरमण मुख्यप्राणांतर्गत

श्री लक्ष्मीनारसिंहप्रेरणाय श्री लक्ष्मीनारसिंहप्रीत्यर्थम्

चंद्रोपरागपीडापरिहारार्थम्

सनाग चंद्रबिंबदानमहम् करिष्ये

ಚಂದ್ರಾಂತರ್ಯಾಮಿ ಶ್ರೀ ಭಾರತೀರಮಣ ಮುಖ್ಯಪ್ರಾಣಾಂತರ್ಗತ

ಶ್ರೀ ಲಕ್ಷ್ಮೀನಾರಸಿಂಹಪ್ರೇರಣಾಯ ಶ್ರೀ ಲಕ್ಷ್ಮೀನಾರಸಿಂಹಪ್ರೀತ್ಯರ್ಥಮ್

ಚಂದ್ರೋಪರಾಗಪೀಡಾಪರಿಹಾರಾರ್ಥಮ್

ಸನಾಗ ಚಂದ್ರಬಿಂಬದಾನಮಹಮ್ ಕರಿಷ್ಯೇ

చంద్రాంతర్యామి శ్రీ భారతీరమణ ముఖ్యప్రాణాంతర్గత

శ్రీ లక్ష్మీనారసింహప్రేరణాయ శ్రీ లక్ష్మీనారసింహప్రీత్యర్థమ్

చంద్రోపరాగపీడాపరిహారార్థమ్

సనాగ చంద్రబింబదానమహమ్ కరిష్యే

GRAHANA SHANTI MANTHRA

(To be recited by everyone during Grahana samaya)

योसौ वज्रधरो देव: आदित्यानां प्रभुर्मत: ।

सहस्रनयन: शक्रो ग्रहपीडां व्यपोहतु ।

मुखं य: सर्वदेवानां सप्तार्चिरमितद्युति: ।

चंद्रोपरागसंभूतां अग्ने: पीडां व्यपोहतु।

य: कर्मसाक्षी लोकानां धर्मो महिषवाहन: ।

यमश्चंद्रोपरागोत्थां ग्रहपीडां व्यपोहतु ।

www.bhargavasarma.blogspot.com

रक्षोगणाधिप: साक्षात् नीलांजनसमप्रभ: |
खड्गहस्तोऽतिभीमश्च ग्रहपीडां व्यपोहतु ||
नागपाशधरो देव: सदा मकरवाहन: |
स जलाधिपतिर्देव: ग्रहपीडां व्यपोहतु ||
प्राणरूपो हि लोकानां सदा कृष्णमृगप्रिय: |
वायुश्चंद्रोपरागोत्थां ग्रहपीडां व्यपोहतु ||
योऽसौ निधिपतिर्देव: खड्गशूलगदाधर: |
चंद्रोपरागकलुषं धनदोऽत्र व्यपोहतु |
योऽसाविंदुधरो देव: पिनाकी वृषवाहन: |
चंद्रोपरागपापानि स नाशयतु शंकर:||
त्रैलोक्ये यानि भूतानि स्थावराणि चराणि च|
ब्रह्मविष्णुर्करुद्राश्च दहंतु मम पातकं ||
ಯೋಸೌ ವಜ್ರಧರೋ ದೇವ: ಆದಿತ್ಯಾನಾಂ ಪ್ರಭುರ್ಮತ: |
ಸಹಸ್ರನಯನ: ಶಕ್ರೋ ಗ್ರಹಪೀಡಾಂ ವ್ಯಪೋಹತು |
ಮುಖಂ ಯ: ಸರ್ವದೇವಾನಾಂ ಸಪ್ತಾರ್ಚಿರಮಿತದ್ಯುತಿ: |
ಚಂದ್ರೋಪರಾಗಸಂಭೂತಾಂ ಅಗ್ನೇ: ಪೀಡಾಂ ವ್ಯಪೋಹತು|
ಯ: ಕರ್ಮಸಾಕ್ಷೀ ಲೋಕಾನಾಂ ಧರ್ಮೋ ಮಹಿಷವಾಹನ: |
ಯಮಶ್ಚಂದ್ರೋಪರಾಗೋತ್ಥಾಂ ಗ್ರಹಪೀಡಾಂ ವ್ಯಪೋಹತು |
ರಕ್ಷೋಗಣಾಧಿಪ: ಸಾಕ್ಷಾತ್ ನೀಲಾಂಜನಸಮಪ್ರಭ: |
ಖಡ್ಗಹಸ್ತೋಽತಿಭೀಮಶ್ಚ ಗ್ರಹಪೀಡಾಂ ವ್ಯಪೋಹತು ||
ನಾಗಪಾಶಧರೋ ದೇವ: ಸದಾ ಮಕರವಾಹನ: |
ಸ ಜಲಾಧಿಪತಿರ್ದೇವ: ಗ್ರಹಪೀಡಾಂ ವ್ಯಪೋಹತು ||
ಪ್ರಾಣರೂಪೋ ಹಿ ಲೋಕಾನಾಂ ಸದಾ ಕೃಷ್ಣಮೃಗಪ್ರಿಯ: |
ವಾಯುಶ್ಚಂದ್ರೋಪರಾಗೋತ್ಥಾಂ ಗ್ರಹಪೀಡಾಂ ವ್ಯಪೋಹತು ||

www.bhargavasarma.blogspot.com

యోఽసౌ నిధిపతిర్దేవ: ఖడ్గశూలగదాధర: |
చంద్రోపరాగకలుషం ధనదోఽత్ర వ్యపోహతు |
యోఽసావిందుధరో దేవ: పినాకీ వృషవాహన: |
చంద్రోపరాగపాపాని స నాశయతు శంకర:||
త్రైలోక్యే యాని భూతాని స్థావరాణి చరాణి చ|
బ్రహ్మవిష్ణ్వర్కరుద్రాశ్చ దహంతు మమ పాతకం ||

GRAHANA SHANTI MANTHRA (Telugu)

యోసౌ వజ్రధరో దేవ: ఆదిత్యానాం ప్రభుర్మత: |
సహస్రనయన: శక్రో గ్రహపీడాం వ్యపోహతు |
ముఖం య: సర్వదేవానాం సప్తార్చిరమితద్యుతి: |
చంద్రోపరాగసంభూతాం అగ్నే: పీడాం వ్యపోహతు|
య: కర్మసాక్షీ లోకానాం ధర్మో మహిషవాహన: |
యమశ్చంద్రోపరాగోత్థాం గ్రహపీడాం వ్యపోహతు |
రక్షోగణాధిప: సాక్షాత్ నీలాంజనసమప్రభ: |
ఖడ్గహస్తోఽతిభీమశ్చ గ్రహపీడాం వ్యపోహతు ||
నాగపాశధరో దేవ: సదా మకరవాహన: |
స జలాధిపతిర్దేవ: గ్రహపీడాం వ్యపోహతు ||
ప్రాణరూపో హి లోకానాం సదా కృష్ణమృగప్రియ: |
వాయుశ్చంద్రోపరాగోత్థాం గ్రహపీడాం వ్యపోహతు ||
యోఽసౌ నిధిపతిర్దేవ: ఖడ్గశూలగదాధర: |
చంద్రోపరాగకలుషం ధనదోఽత్ర వ్యపోహతు |
యోఽసావిందుధరో దేవ: పినాకీ వృషవాహన: |
చంద్రోపరాగపాపాని స నాశయతు శంకర:||
త్రైలోక్యే యాని భూతాని స్థావరాణి చరాణి చ|

www.bhargavasarma.blogspot.com

బ్రహ్మావిష్ణుర్మరుద్రాశ్చ దహంతు మమ పాతకం ||

Performing or getting performed RudraAbhishekam (with proper anusandhana) before and after the Eclipse will be useful in minimizing the negative effects.

ANNEXURE

- **Eclipse - Do's & Don'ts**

(Customs & Traditions from Hindu perspective)

Take bath as the eclipse begins and also after the eclipse is over. Take bath in sacred rivers and sea (wherever possible) as such bath during eclipse is said to be sacred and meritorious.

It is believed that circumambulating (Pradakshina) a cow giving birth to a calf during eclipse is meritorious which is equivalent to Bhoo-Pradakshina.

Dharbha (Kusa grass) is used and kept on all the items like milk, curd, pickles and stored water during eclipse to mitigate the ill effects of eclipse. Wherever, Dharbha is not available, Thulasi is used as an alternative.

In case Pithru (Father/Mother) Sraaddha (Kaala Sraadha) falls on the eclipse day, it will be performed only after eclipse is over, sometimes on the next day.

Pregnant women are not allowed to move out during the eclipse period and are asked to stay indoors where no sun light enters the room. This is to avoid possible congenital deformities to the fetus though the scientific rationale is yet to be confirmed.

Generally people are not allowed to watch the eclipse (Solar Eclipse) with naked eyes.

Temples are closed during the eclipse time and opened after the eclipse is over after performing Suddhi, special puja and rituals.

www.bhargavasarma.blogspot.com

People avoid sleeping and attending nature calls during eclipse.

During eclipse time there will be taAtkaalika (temporary) suddhi from Asoucha (Janana/Mrutha) including Rajaswala. They should also take bath (snaana) during the eclipse time and perform Japa, Paaraayana, Prayer according to sampradaya. Asoucha will continue after the eclipse is over.

Desist from sensual pleasures on the day of Eclipse;

Postpone taking/planning important decisions on this day;

Avoid performing auspicious ceremonies;

Avoid/postpone travel on the day of eclipse;

Solar Eclipse - Watch Eclipse with proper protection preferably a reflected image or projection of the Sun - Avoid looking at Sun directly with naked eyes;

During the period of Vedha it is prescribed to avoid eating/cooking food. However, exemptions are given in timings for old people, medically unfit, pregnant women and children.

DaAna during Eclipse (pArvaKaAla) is highly meritorious which everyone can give not necessarily the one whose Moon-sign has anishta phala.

Aacharana (observance) of the Eclipse related austerities is applicable only if the Eclipse is visible in your place.

According to Dharma-Shastra, if it is total lunar eclipse three days prior to and three days after the eclipse are not auspicious days. If it is total solar eclipse four days prior to and four days after the eclipse are not auspicious. In case of partial solar/lunar eclipse it is one day prior to and one day after the eclipse are not auspicious.

Frequently asked Questions & Answers (Logical reasoning)

Q. Why temples remain closed during Eclipse (Grahana)? Is there any logic behind that?

A. I have not come across any reasoning behind closing of temples during eclipse especially. Probably what I presume could be as follows... Eclipse is not an auspicious moment. It is a Vedha/suffering to the celestial body. Just like we do not perform or celebrate any auspicious rituals at home during mourning time, similarly during the time of eclipse also it is our Hindu sampradaya that we do not perform any rituals inside the temple.

However, shanti, homa/yagna are performed outside the temples. As an exception I find in the temple of Sri Kalahasthi (near Tirupathi) abhishekam and archana are performed to Lord Shiva and Goddess Jnaana Prasunamba inside the temple even during eclipse time.

Q. Why to avoid eating/cooking food during eclipse time?

A. It is believed and said that an eclipse has a definite effect on the digestive system. Even Aayurvedic science accepts this. Basic level of vulnerability is high due to harmful rays getting absorbed that affect the digestive process and thereby food gets contaminated. It is also believed that bacteria are more active during eclipse that results in water getting contaminated.

That’s why it is an age-old Hindu custom of using Dharbha during eclipse times on all the food items and also water. People also avoid eating or cooking food during eclipse.

Like one cannot or does not feel like eating in the event of a mishap; similarly, one should not eat during this hour of universal repositioning.

Food restrictions will be on the lines of Ekaadasi aacharana. Breaking of fast will be only after Eclipse ends (Moksha), Bimba darshana, Suddhi Snaana, nitya/naimittika Karma as the case may be.

In case Eclipse is GrasthaAstha (when Bimba darshana after Eclipse is not possible), food restrictions like fasting continue till next day morning. Breaking of fast will be after Bimba darshana, Suddhi Snaana, nitya/naimittika karma etc.

However, exemptions in timings are given to pregnant women, children, old people and medically-unfit except during actual Eclipse phase (Sparsha-Madhya-Moksha). Exceptions are always there in emergencies (SOS).

Q. Why pregnant women are not allowed to watch/get exposed to the Eclipse?

A. Regarding pregnant women avoiding getting exposed to eclipse, it is an age-old belief among Hindus to follow this myth. I have not come across any research findings in this regard. While medical science is yet to come out with any reality findings, it has proved that getting exposed to solar eclipse is harmful to the eyes and even warns people in this regard to take precautions which I believe is applicable even to the expectant mothers.

Probably this could be one of the logical reasons for restricting pregnant women getting exposed to the eclipse to avoid a possible contact to the foetus from the harmful eclipse rays and a possible impact on the eyes of expectant child. More research in this regard is awaited.

Similarly, Lunar eclipse occurs on a full moon day. It is said that during eclipse times there will be lot of imbalances in the emotional status and mental equilibrium. Moon is also called ManoKaraka the one who influences the mind. It is believed

that people suffer from mood swings during a full moon day which even the medical psychologists accept. Emotional element, probably could be one of the logical reasons behind restricting pregnant women from getting exposed to the Lunar Eclipse.

During Lunar Eclipse Moon will be under affliction.

In today's age of science and technology it may be difficult to believe the traditions and myths of eclipse. More than scientific rationale it is the strong faith we have in our age old Hindu religion and its traditions that keep us away from taking a chance during eclipse times.

Down the line, at the end of the day every one believe, it is better to be safe than feel sorry later while more scientific findings are awaited.

Q. Why to avoid sleep during Eclipse?

A. While I have not come across any scientific reasons, it is more I believe from spiritual angle which Hindus strongly believe and follow. All our actions and thoughts come under the purview of subtle basic components viz. Sattvik, Rajasik, and Tamasik or a combination of them.

It is believed that during eclipse time lot of Rajo-Thamo frequencies are transmitted. Entire eclipse period is Parvakala (sacred period) during which time we are supposed to reduce rajo-thamo activities like sleeping, eating food, attending nature calls, sensual pleasures which will add to the negative energies. Instead utilize the opportunity spiritually to ward off the negative energies that gets activated during eclipse times.

In today's age of science and technology it may be difficult to believe the traditions and myths of eclipse. More than scientific rationale it is the strong faith we have in our Hindu religion and

its traditions that keep us away from taking a chance during eclipse times.

But down the line, at the end of the day every one believe, it is better to be safe than feel sorry later while more scientific findings are awaited.

Q. Why DHARBHA is used during Eclipse?

A. It is an age an old tradition we come across during eclipse, Dharbha (Kusa grass) is used and kept on all the items like milk, curd, pickles and stored water during eclipse to mitigate the ill effects of eclipse and to protect them from harmful ultra violet radiation.

We come across Dharbha being used invariably in all the Hindu religious rituals viz. Vratha, Homa/Yagna, Pithru Karya etc.

Pauranically, it is said that Dharbha (Kusa grass) was formed when the hairs on the Kurma Avatara of Lord Vishnu got loosened during churning of the ocean that got washed away to the shore of the ocean to form Kusa Grass.

Later when Amrita [divine nectar] was obtained as a result of churning and distributed among the demi Gods, few drops of Amrita fell on the grass which further sanctified, imbuing it with healing properties.

Sanctity of Dharbha is as old as the Hindu Puranas. Dharbha is used for sanctity. Without Dharbha there is no sanctity to the rituals performed.

Dharbha is identified with Lord Vishnu and is believed to possess the power to purify anything. It is used as a ritual seat since Vedic times. Usage of Dharbha (holy grass) is very celestial, sacred and also acts as a protector.

Conclusion…

DID YOU KNOW?

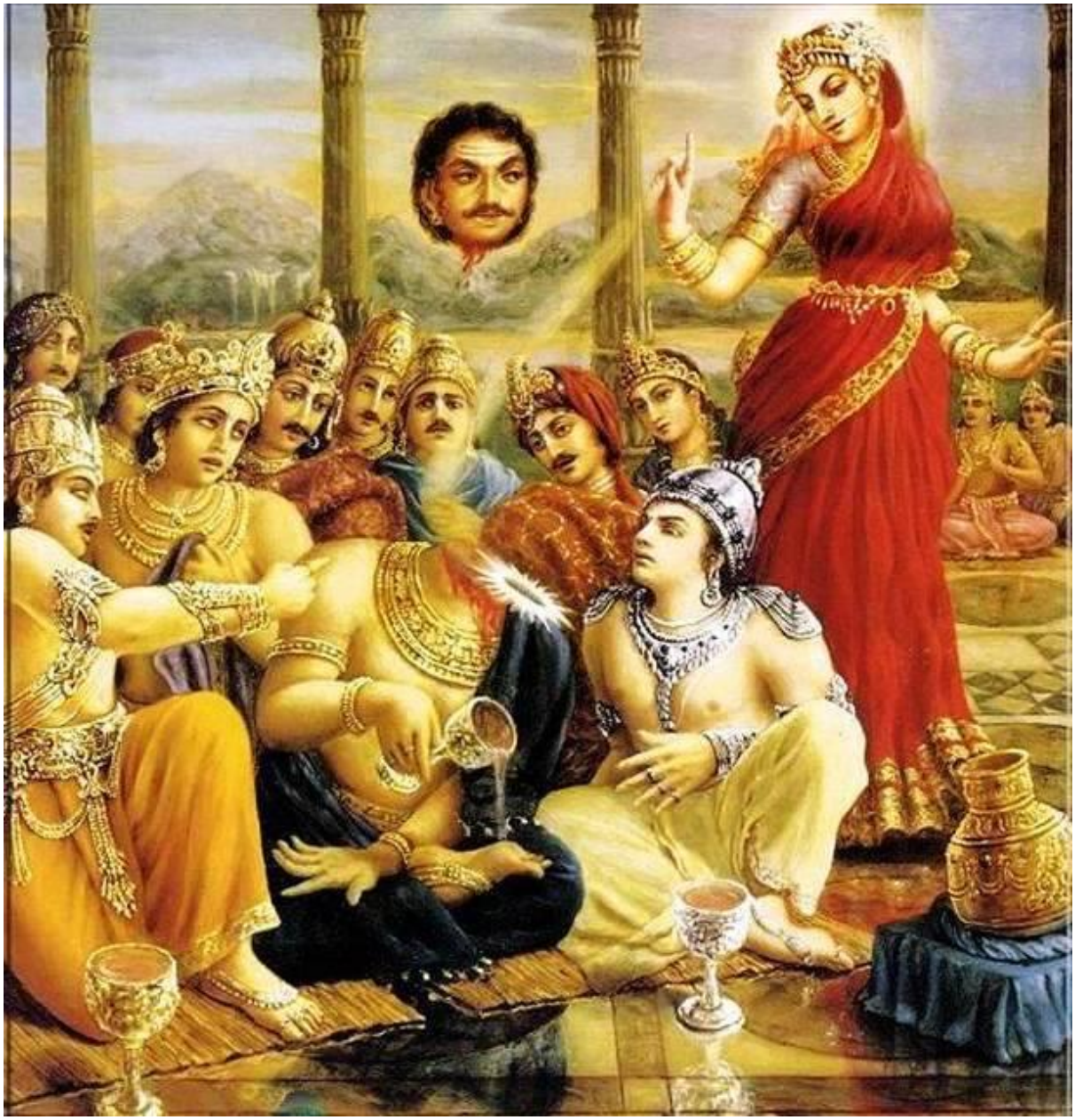
Repetition of eclipse - It is said and believed that similar type of eclipses occurs once in 18/19 years with similar configuration and there will be repetition of events during that time.

Effect of Eclipse - It is said that the effect of the eclipse will persist corresponding to the duration of the eclipse in terms of Hours, minutes, and seconds corresponding to the number of years, months and days.

Surya Grahana (Solar Eclipse) if it occurs on Sunday (Aaditya Vaara) and Chandra Grahana (Lunar Eclipse) if it occurs on Monday (Soma Vaara); the Eclipse is known as Choodaamani which is highly meritorious.

Thus, eclipses are fascinating not only because they have astronomical and spiritual significance, but also because they give us insights into the culture, tradition and beliefs of people belonging to different periods.

www.bhargavasarma.blogspot.com

Any Eclipse time is sacred and the entire period of Eclipse is known as ParvaKaala (most sacred time). Any sacred rituals or rites performed during Parvakaala will derive more merits than those performed during ordinary times. Hence, don't waste the Eclipse time with materialistic pursuits and activities.

Sri Krushnaarpanamasthu